

CLAIMS

1. Preparations for oral application containing
 - (a) physiologically active fatty acids containing 16 to 26 carbon atoms and 2 to 6 double bonds, esters or glycerides thereof and
 - 5 (b) oligomeric proanthocyanolidins (OPCs) or plant extracts containing them.
2. Preparations as claimed in claim 1, characterized in that they contain conjugated linoleic acid, esters or glycerides thereof as component
10 (a).
3. Preparations as claimed in claim 2, characterized in that they contain as component (a) conjugated linoleic acid (CLA), esters or glycerides thereof where the acyl component contains at least 30% by
15 weight t10,c12 isomers, at least 30% by weight c9,t11 isomers and, in all, less than 1% by weight 8,10-, 11,13- and t,t-isomers.
4. Preparations as claimed in at least one of claims 1 to 3, characterized in that they contain omega-3 fatty acids as component (a).
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5. Preparations as claimed in at least one of claims 1 to 4, characterized in that they contains OPCs of the proanthocyanidin A2 type as component (b).
- 25 6. Preparations as claimed in at least one of claims 1 to 5, characterized in that they contain as component (b) extracts of plants selected from the group consisting of *Camellia sinensis*, *Pinia silvestris*, *Vitis vinifera*, *Litchi chinensis*, *Potentille erecta* and mixtures thereof.

7. Preparations as claimed in at least one of claims 1 to 6, characterized in that they contain components (a) and (b) in a ratio by weight of 90:10 to 10:90.
- 5 8. Preparations as claimed in at least one of claims 1 to 7, characterized in that they are present in encapsulated form.
9. Use of mixtures containing
- 10 (a) physiologically active fatty acids containing 16 to 26 carbon atoms and 2 to 6 double bonds, esters or glycerides thereof and
- (b) oligomeric proanthocyanolidins (OPCs) or plant extracts containing them
- for the production of food additives.
- 15 10. Use of mixtures containing
- (a) physiologically active fatty acids containing 16 to 26 carbon atoms and 2 to 6 double bonds, esters or glycerides thereof and
- (b) oligomeric proanthocyanolidins (OPCs) or plant extracts containing them
- 20 for reducing body fat in the human or animal organism.
11. Use of mixtures containing
- (a) physiologically active fatty acids containing 16 to 26 carbon atoms and 2 to 6 double bonds, esters or glycerides thereof and
- 25 (b) oligomeric proanthocyanolidins (OPCs) or plant extracts containing them
- for regulating the moisture content of the skin.